



Dr. J. Ben Hengy & Dr. Andrew Mendians

Forehead Lift (Brow Lift) Surgery

A Brow lift procedure is performed for patients who are concerned with excess forehead wrinkling & drooping brows. This procedure is normally performed on men and women between the ages of 40 and 65 although may be necessary at an earlier age. Endoscopic surgery is the newest technique to performing a brow lift. It is less invasive and results in a smaller chance of temporary scalp numbness. It consists of several small 1.5 inch to 1 inch incisions just behind the hairline. The procedure normally takes between 1 to 2 hours and is most commonly performed under IV sedation or twilight anesthesia and is an outpatient procedure.

The healing time after the procedure is generally anywhere from 2-4 weeks with significant bruising and swelling of the forehead, cheeks and eyes. This may be prominent for the first 7-14 days. You may experience numbness of the forehead and scalp post operatively. This normally resolves within 3-6 months.

POSTOPERATIVE INSTRUCTIONS

It is most important during the first 24 hours the patient carefully ice the forehead/eyelids/cheeks as instructed. This may consist of ice chips placed in a medical glove or using an ice bag. It is recommended not to apply the ice directly to the skin to prevent any burning of the skin. A washcloth or towel may be applied over the skin before the cold pack is applied. Another option may include small ice pads which have been soaked in saline, these should be given to you before discharge from the hospital.

The patient should rest with the head elevated at all times, i.e., in a recliner or with the head on 2-3 pillows. They should also sleep on their back, not on their side or stomach. This is to prevent any unusual postoperative swelling and bleeding from the site.

Activity: After surgery, the patient should be on minimal activity with no heavy lifting, bending over, or exercising for the first 10 days after surgery. The patient may shower and allow warm water to run through their hair without shampoo or soap, 1 day after surgery. Starting day 2 after surgery the patient may shower and use Johnson's baby shampoo to clean hair and scalp. You may wear your glasses if necessary, being sure they do not push on the incision lines. **DO NOT** wear contact lenses, pluck eye-brows or wear makeup until discussed at your 2 week post operative visit with your physician.

Wound Care: Following the surgery the patient will need to keep the area clean, dry and free of any crusting. This can be performed by using plan on cleaning the staple or suture lines with a 1/2 peroxide & 1/2 water mixture twice a day. Care should be taken to avoid pulling the /staple/suture line and/or damage to the incision site. We ask that after you clean the area you apply a light layer of antibiotic ointment to the area twice a day for 7-10 days after the surgery. (If you are allergic to antibiotic ointments please notify the physician so they can prescribe a different ointment.) If steri-strips or butterfly type dressings are applied around the eye they should be left in place until they have fallen off spontaneously and apply the bacitracin ointment over the dressing.

Medications: Medications given after surgery include an antibiotic and a pain medication . These should be taken as directed. The pain medication will be taken until the pain and discomfort begins to clear. Once the pain is mild, the patient may switch to Extra Strength Tylenol if they are not allergic. Patient is not to take any blood thinning medications such as aspirin or Motrin for the first week after the surgery.

Additional Instructions: Bruising and puffiness is expected after surgery and may last 7 to 10 days. However, any severe bruising that extends well beyond the surgical site, i.e. up into the eyes or well down below into the cheek area, particularly in the first 24 hours is abnormal. A fever over 99 degrees, active bleeding coming through the incision line, double or blurry vision, is also considered abnormal and the patient should proceed to the emergency room should any of these symptoms occur.

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Should you have any questions, please feel free to contact our Manistee office at 231.398.9536 or our Ludington office at 231.843.6557. After hours the physician on call can be contacted by calling 231.843.2591.

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